

Important Information & Preparing for FILA Camp

Waivers and Health Forms:

Campers will not be permitted to participate in camp without completed health and waiver forms. Visit https://www.frogtennis.com/page.lasso?p=health_form&l=2 to submit your health form now (if waivers are not yet completed, they will be emailed to you prior to your start date.)

Weather Information:

In the event of rain, camp will be canceled. You will be notified by 7:00 am the morning of camp via text message that we will have to cancel camp for the day. Please make sure your mobile phone number is up to date with us.

Heat: It is the summer, sometimes it can be hot, we understand that and know the players are not used to the heat fluctuations. We do our best to provide extra breaks for the players to reapply sunscreen, get more water, sit in the shade, etc. as to not overheat.

What to Bring:

- * Comfortable tennis/athletic clothes (and a change of shirt)
- * Tennis Racquet
- * Non-marking sneakers (preferably tennis sneakers)
- * Cold water jug or bottle(s)
- * 2 healthy snacks
- * Sunscreen
- * Hat or sunglasses
- * Towel
- * Face mask (wear one and bring one)

Drop Off and Pick Up:

We want to make drop off and pick up as safe as possible! Please make sure to maintain social distance at drop off and pick up times. Please do not enter the club lobby. At drop off time (9:00 am), please pull up to the far side of the lower parking lot and wait until the player before you has walked to the court area before your child exits the car. For Pick at Noon, please pull into the same parking area (form a line). A pro will ask your child's name and will direct your child to your car. Please be patient as we maintain the safety of our staff and players!

Face Masks/Coverings

Everyone must wear masks or face coverings while on-site at Frog Hollow. The only exceptions are if you are eating or drinking, if you feel that it jeopardizes your health (you start to feel dizzy, or experience shortness of breath or other physical symptoms while playing) or it is 90 degrees or over. In those cases, you must be able to practice appropriate social distancing; usually, this will be 6 feet, but during and immediately after exercising, the requirement of

social distancing is at least 12 feet. While playing, the pros will enforce masks and social distancing requirements.

Typical Daily Camp Schedule:

On-Court Drills and Play Situations

Monday – Friday 9:00 am - Noon

All drills and fitness rotations will have social distancing built into them so the players are safe throughout the day.

Fitness

Fitness rotations every day during the morning rotations.

If you have any questions, or need additional information, please feel free to contact Jared at Jared@FrogTennis.com. Thanks again and we look forward to having your child on the courts this summer!